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ABSTRACT

Prepared for middle school students, this magazine provides a historical overview of 150 years of medicine in Iowa. Focusing on practitioners, early medicinal practices, and common ailments, the articles include: (1) "Health in Iowa"; (2) "Horse and Buggy Doctors"; (3)"Dandy Home Remedies" (P. Stolt); (4) "Doctors Wanted: Women Need Not Apply" (S. Wood); (5) "Read an Advertisement" (E. Miller); (6) "Druggists and Teeth Pullers"; (7) "Nursing in Iowa: The Making of a Profession" (V. Carlson); (8) "The Professionalization of Medicine: Did It Hurt Or Help Women"?; and (9) "The Great Flu" (P. Stolt). "Get Healthy Tips" (C. Annicella) contains advice on fitness, nutrition, and dental hygiene. The state-sponsored "Write Women Back Into History" contest's winning essay, "A Hundred Pounds of Dynamite" by Carrie Spann is also reproduced here. Various student activities are provided throughout the publication. (DJC)

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The Goldfinch
EDPRESS

Editor: Deborah Gore

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April 1988

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State Historical Society of Iowa

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ON THE COVER: An Iowa doctor and nurse visit a patient about 1910. This issue of The Goldfinch *will look at how health in Iowa has changed in the past 150 years. Photo courtesy of the State Historical Society of Iowa, Special Collections, Iowa City.*

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EDITORIAL Consulting Editors: M. Patricia Donahue, Ph.D., R.N., Associate Professor, College of Nursing, The University of Iowa, and Peter T. Harstad, Ph.D., Executive Director, Indiana Historical Society; Editorial Assistance: Paul Stolt; Children's Advisory Board: Travis Martin, Robert Lucas Elementary School, Iowa City; Anthony Sunderman, Washington School, Atlantic; and Quenby Swaim, Willowwind School, Iowa City.

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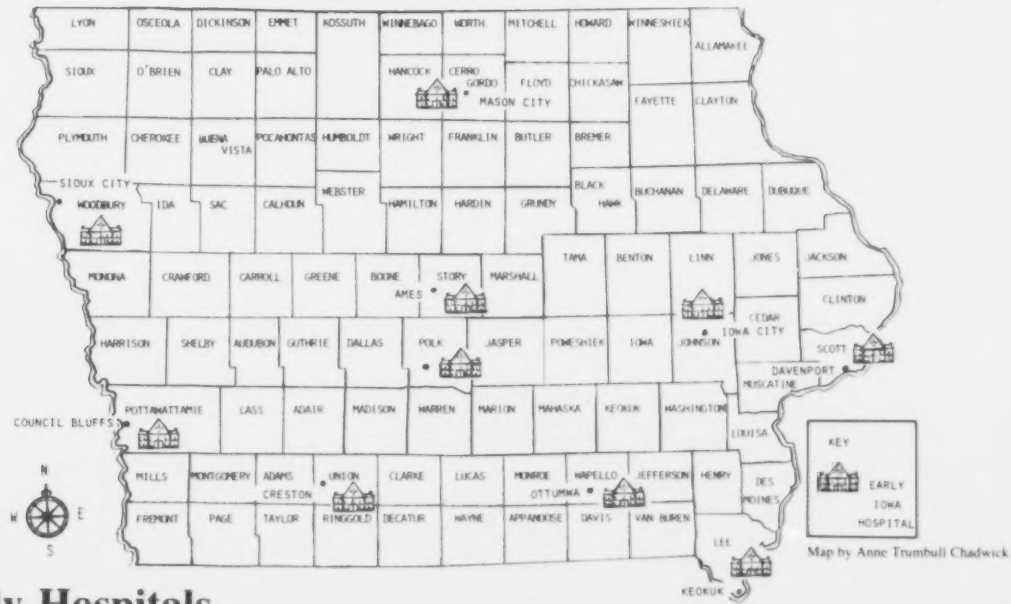
Wild Rosie's Map Page

Meet Wild Rosie, Your Official "Goldfinch Tour Guide" for a trip into Iowa's past.

Kurt Zaske



Map by Anne Trumbull Chadwick

Early Hospitals

Ames—Mary Greeley Hospital, 1916
Council Bluffs—Mercy Hospital, 1887
Creston—Cottage Hospital, 1894
Davenport—Mercy Hospital, 1869
Des Moines—Mercy Hospital, 1894
Iowa City—University Hospitals, 1873
Keokuk—College of Physicians & Surgeons, Medical Department of the Iowa State University in Keokuk, 1849-1850
Mason City—Mason City Hospital, 1909
Ottumwa—Ottumwa Hospital, 1894
Sioux City—St. Joseph's Mercy Hospital, 1891

Have you ever been to a hospital? Hospitals have not always been around. In the nineteenth- and early-twentieth centuries, most doctors went to patients' homes to take care of them. The switch from home care to hospital care is only one of the many changes in medicine.

The map above shows a few of Iowa's early hospitals. Often more than one hospital was located in larger towns.

Look at another Iowa map. Write the name of the town by the hospital on the map. Then answer the following questions. (*Answers on page 31*).

1. In what year was Iowa's first hospital opened?

2. When was the Ottumwa Hospital opened?

3. What name most frequently appears in these hospitals?

4. What is the definition of the word? How does it relate to hospitals?

5. What is the closest hospital to your house today? (It may not appear on the map.)

This illustration was on the cover of a book for children published by the National Dairy Council in the early-twentieth century.

A 12-YEAR-OLD boy was gathering blackberries near his home in Maquoketa in 1858. Suddenly a rattlesnake bit him. His father jumped on a horse and rode to town. The doctor was not in his office. The father found out that the doctor was making a house call at a nearby neighbors'. He jumped back on his horse and went for the doctor. Two hours later the local doctor arrived at the boy's home. The doctor could do nothing to save the boy. Later, the local newspaper "cautioned parents not to allow their children to walk in the woods or prairies without wearing strong boots" to prevent against rattlesnake bites.

This was what medical care was like in Iowa in the mid-nineteenth century. Most doctors had little medical knowledge. Pioneers often relied instead on home remedies to treat illness and disease.

In this issue of The *Goldfinch*, you will read about the changes in medicine in nineteenth- and twentieth-century Iowa. And you will understand why, if that same Maquoketa boy was bitten by a rattlesnake today, he would probably survive.

Great Changes

In the nineteenth century, people did not understand what caused disease nor how to treat it. Doctors did the best they could to help heal the sick with few medicines. Nineteenth-century doctors tried to **diagnose** (find out the nature of) disease and treat it. As time went on, scientists discovered that "germs" created infections. New medicines and techniques were created to treat illness.

By the early twentieth century, the role of medicine was changing from the treatment of illness to the prevention of illness. Combined with new health care techniques, drugs, and knowledge, preventative health care has contributed to longer life. Fewer Americans are dying at an early age. In the late nineteenth century, one-third of the children in the U.S. did not live to adulthood. In the 1980s, about 98 percent of children lived to adulthood. Life expectancy is on the rise (*see chart*). Men and women are living longer lives.

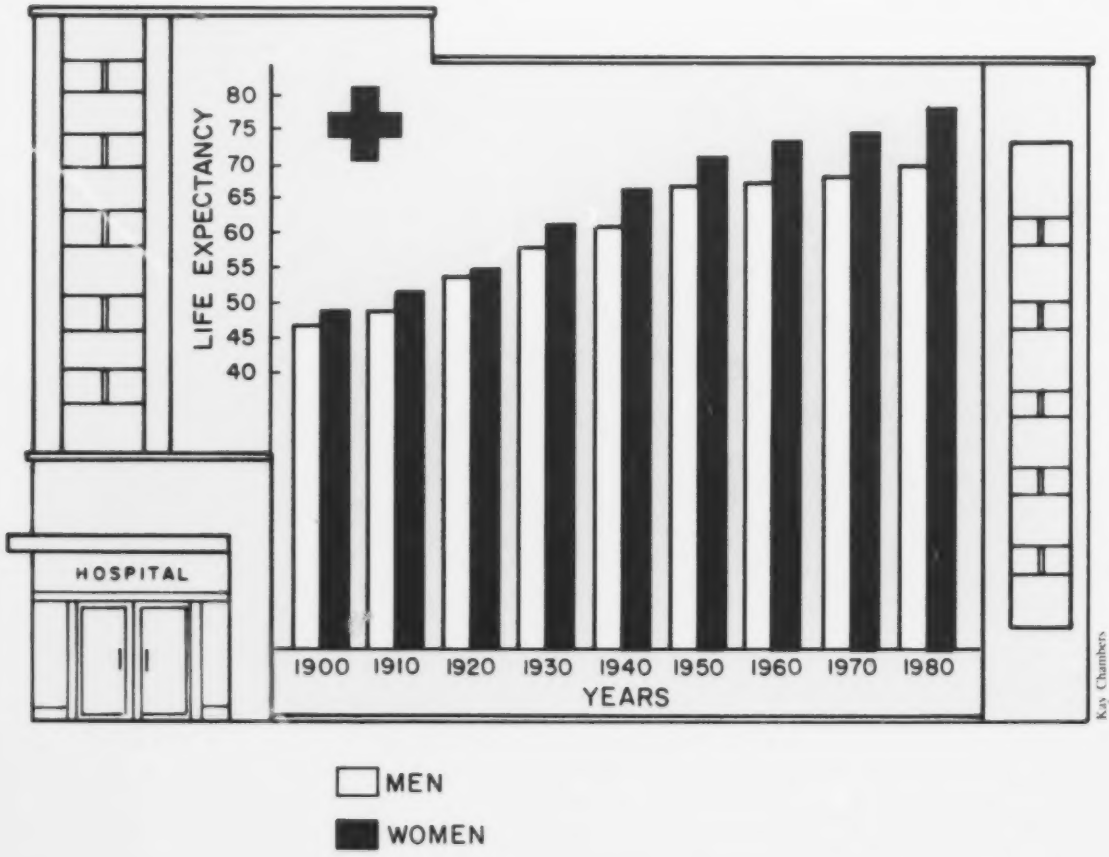
Oh, No! It's Bicycle Face!

Here are some health tidbits that you will read about in this issue of The *Goldfinch*: The best cure for a cough? One popular home remedy was to

apply warm lard to your chest. If you rode that new contraption called a bicycle you might have ended up with permanent "bicycle face."

Besides early home remedies, you'll read what it was like to be a doctor, dentist, pharmacist, and nurse in Iowa. An article on the Junior Red Cross in Iowa during World War I tells about how many Iowa kids contributed to the health of American soldiers. Maybe, your school took part. We have a lot of games and "get healthy" tips for you!

Life Expectancy



Kay Chambers

HE CARRIED his medicine chest with him as he climbed into the black buggy. It was beginning to rain and the doctor feared that the roads might turn into pools of mud. He didn't know if the horse would make it. He had about 50 miles to travel to see the sick Petersen baby. It would probably take most of the day to get there.

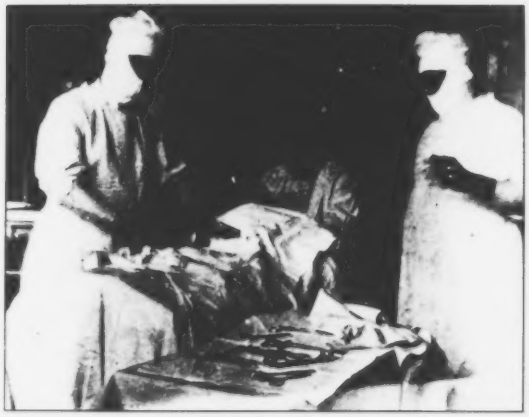
Dr. Nathaniel L. Bunce was Marshalltown's new doctor in 1857. The 28-year-old doctor rode his horse when the roads were too muddy to see sick patients in their homes.

Bunce was one of Iowa's early frontier physicians. According to the 1850 United States Census, there was one physician to every 355 people in Iowa. The territory was so large that doctors had to travel great distances to reach their patients.

Most nineteenth-century doctors knew little about what caused diseases. The nineteenth-century doctor could usually do the following to help patients:

- Give valuable assistance at childbirth
- Set broken bones
- Perform amputations and minor surgery
- Extract teeth
- Administer quinine to malaria patients*
- Vaccinate against smallpox**
- Give general, common sense advice about diet, exercise, and environment.

"Beyond this," writes historian Peter T. Harstad, "there was little else of value that physicians could do for patients other than to be kind and understanding." Doctors like Bunce worked by themselves and made house calls in patients' homes.



SHSI

These doctors perform an operation at St. Joseph Mercy Hospital in 1910.

Over time the role of the doctor changed. Preventing disease and **rehabilitating** (*RE-ha-bil-eh-tate-ing*; bringing back to a healthy condition) the sick were added to the healing role of the doctor.

Iowa's first doctors were mostly males. A few women were gradually admitted into medical schools and became doctors in the latter part of the nineteenth century (*see page 10*).

How did the world of medicine change for doctors in Iowa?

"Scorpion Sting" Attack

Pioneers often relied on home remedies to cure disease before they contacted a physician. The most serious disease in frontier Iowa was called the "scorpion sting." Fever and **ague** (*a gyoo*; malaria) struck many homes. People could come down with chills and fever one afternoon, and die the next day. The symptoms included chills,

*__Quinine__ (*KWI-nine*; a bitter medicine made from bark used to treat malaria)

**__Vaccinate__ (*VAK-se-nate*; to introduce weakened germs of a disease into the body to make it resistant to attacks of that disease). __Smallpox__ (a contagious disease marked by fever and sores)

fever, and lack of energy.

"We could only eat when the chill was on us, being too sick when the fever was on," wrote Granville Stuart. "I well remember how the cup would rattle against my teeth when I tried to drink. . . . Almost everybody in [the] thinly settled part of Iowa would have the ague part of the time. . . . I can still see how thin and pale and woe-be-gone everyone looked." Doctors were helpless to find a cure.

A less serious, but annoying ailment was called **prairie itch**. "It was very amusing at times to see a whole family out around a log house, leaning against the butt ends of the logs," recalled Elisha W. Keyes, "scratching first one shoulder and then the other." Often the home remedy was lotion made "from the roots of the skunk-cabbage."

Medical Training

Before the Civil War (1861-65), some people practicing medicine were not graduates of medical schools. But many young people studying to be medical doctors (M.D.'s) read books, attended medical lectures, served as assistants to older physicians, and observed operations like amputations.

At the time, most medical students were trained in Europe or in the East. Many doctors came to Iowa with medical degrees from schools in Kentucky or Ohio.

Later more schools opened in the West. The State University of Iowa's medical department opened in its current home in Iowa City in 1870. (The medical department existed before the opening of the hospital three years later.) It first was called the College of Physicians and Surgeons of the Upper Mississippi in Keokuk in 1849-1850.

The Iowa State Medical Society was formed that year. The society was created to bring respect and professionalism to medicine.

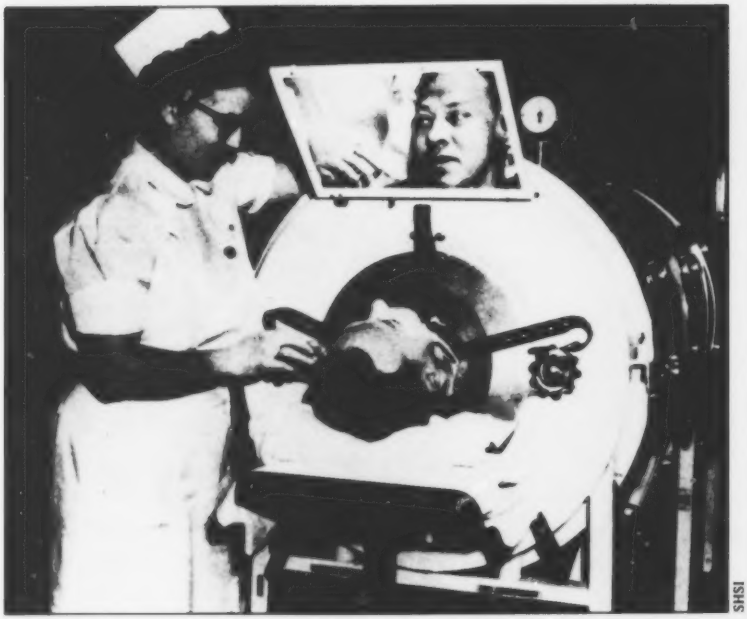
Bleeding

Physicians used simple drugs and instruments compared with the drugs and technological advances used by doctors today. In the medicine chests of most nineteenth-century doctors were a stock of basic drugs: castor oil, bark, calomel, Dover's powder, and quinine. They also carried unusual instruments. "In case of fever, a patient was generally bled," noted one historian. "Every physician carried **lancets** (small knives) for this purpose." It was believed that bleeding would relieve the body of disease. One doctor from Sibley wrote that he always carried "a pocket case of instruments, a few tooth forceps, an amputating case, and a pair of saddlebags."

What did these doctors do with their medicine chests? Practicing physicians often advertised their services in newspapers. One doctor's rates in Bloomington (now Muscatine) were:

First visit in town in the daytime	$1.00
Every succeeding visit	.50
Visit in the night time	1.50
Bleeding	1.00
Tooth Extracting	1.00
Attention on a patient all day or night by request	5.00

Not all physicians were strict about collecting their fees. Many doctors received food as payment instead of money. Dr. Campbell



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In the 1950s polio was an epidemic that struck many homes. It was a virus that often caused paralysis. Some people, like this man, lived in artificial iron lungs. The artificial lungs helped a person to breathe when the lung muscles were too weak.

Gilmer, who lived three miles outside of Ft. Madison, rode and answered "all calls, day or night, no matter what the state of the weather, and never made inquiry as to whether the patient was able to pay a fee."

Today's Doctors

Today's doctors work as part of health care teams. With the help of registered nurses, dieticians, dentists, pharmacists, and others, most physicians work in group practice and hospitals.

Physicians diagnose illness by asking about a patient's medical history (past health and illness), performing physical examinations, and ordering medical tests. Patients are now treated with drugs and surgery.

Like mid-nineteenth century doctors, today's doctors also give **vaccinations** (vak-se-na-shuns) and regular physicals, and conduct scientific research.

To become medical doctors, young men and women must meet strict educational requirements. They study in college and medical school for eight years. Additional years spent as interns and residents provide the needed experience to become doctors.

Men and women physicians have come a long way in working to prevent illness since the days when Dr. Nathaniel Bunce rode 50 miles in his buggy to see one sick baby.

by Paul Stolt

Elmer Dandy trotted up the path to his house after school. He wanted to get his chores done early so he could read from the new book his teacher had given him. But as he got closer to home he saw his mother standing on the front porch.

"Elmer," she called, "could you get me some things from the woods and the garden before you come in? I need some slippery elm bark, some blackroot, an onion, some dill, and bring in a few logs for the stove, too!"

"Aw, Ma, do I haveta?" Elmer grumbled as he walked slowly toward the woods.

"Yes. Now hurry up! We haven't got all day," his mother said smiling.

"What is all this stuff for anyway?" he asked when he returned to the house.

"Well, your sister's got a bad cold and a nasty cough," she said throwing another log in the stove. "So I'm going to make her a nice cup of slippery elm bark tea and an onion **poultice** (*pole-tiss*)."

"What's a poultice?" asked Elmer.

"A poultice is something warm and moist, like these onions I'm frying," she said dropping a spoonful of **lard** (soft, white grease made from hog fat) in the frying pan. "When they're good and warm, I'll wrap them in this old towel and lay it on your sister's chest. It will help her breathe easier."

"Does she haveta drink that stuff, too?"

"Yes, the slippery elm bark tea will help her cough and sore throat."

"What are you doing with those dill seeds?" asked Elmer.

"I'm grinding them up to put in a glass of water. Your little brother Howard has the hiccups, and this will help him to get over them."

"What's this stuff?" Elmer asked pointing to two cups of steaming black liquid.

"That's blackroot tea," replied his mother. "Your brother Jonathan says his stomach aches, and it won't hurt for you to drink some also."

"Aw, ma!" Elmer moaned.

Elmer's leg began to itch. As he scratched, a red rash was beginning to show. His mother caught him scratching.

"Elmer! What are you doing? Let me see that leg," she said pulling up his pants leg.

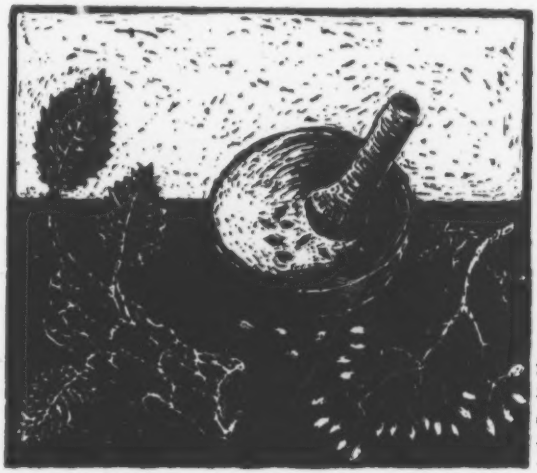
"My leg itches really bad, Ma. What's the matter with it?"

"It looks like you've gotten into some poison ivy when you were in the woods," said his mother. "You'll have to take a nice bath in baking soda water tonight!"

"Aw, ma!"

"Oh, you'll be all right. You can read your new book while you soak in the tub."

"Well, okay," Elmer said with a smile.



Art by Cynthia Moore

ACTIVITY

Can you match the home **remedies** (cures) with the **symptoms** (signs of sickness) that Elmer learned about in this story? Draw a line matching the remedy with the symptom. (*Answers on page 31.*)

(1) Slippery elm bark tea	Stomach ache
(2) Blackroot tea	Cold & congestion
(3) Dill seeds	Poison ivy
(4) Onions & lard	Hiccups
(5) Baking soda	Cough & sore throat

In nineteenth-century Iowa, some women worked as nurses. Few were doctors. What barriers prevented women from becoming doctors?

by Sharon E. Wood

When Delia Irish was a girl growing up in Wisconsin, she may have heard about Elizabeth Blackwell, the first woman in America to graduate from medical school. Elizabeth became a doctor in 1849, when Delia was seven years old. Delia might have decided then that she, too, wanted to be a doctor.

In those days, there were not many places where a woman could study medicine. Even the college Elizabeth Blackwell had attended refused to admit any other women. So when Delia finished high school, she began to study medicine with a local doctor. That was the old way, but Delia wanted a modern education.

A special medical college just for women had been founded in Philadelphia, so Delia decided she would go there. She had to teach school to earn the money, but in 1868, she finally became a doctor.

With her new medical degree in hand, Dr. Delia Irish moved to Davenport to work as a doctor. She was one of only eight women physicians in the whole state of Iowa.

Many people did not think women should be

Transactions of the Iowa State Medical Society, 1879-88

Dr. Delia Irish was one of Iowa's early women doctors.

doctors at all. A medical professor at Harvard University in Boston, Massachusetts, wrote a book claiming that education for women would ruin their health and make them unable to have children. In some places, the men in charge of licensing doctors refused to give women doctors licenses. Women were often barred from medical societies.

Opportunities in Iowa

Luckily, things were a little better in Iowa. Delia Irish was welcomed into the medical society in Davenport. And in 1875, she joined the state medical society.

When the medical school at the State

University of Iowa opened in 1870, both men and women were allowed to attend. Women came from all over the United States to study medicine in Iowa. Soon there was a woman on the board which licensed new physicians.

Gradually, more and more women became physicians. From the table below, you can see how male doctors continued to outnumber women doctors in the nineteenth century:

	1870	1880	1890	1900
Women	8	73	128	260
Men	1,857	2,962	2,923	3,749
Total	1,865	3,035	3,051	4,009

In some places, the men in charge of licensing doctors refused to give women doctors licenses.

Many women doctors became leaders of their communities. Dr. Jennie McCowen of Davenport supported many charities. She also wrote for newspapers in Davenport, Chicago, and Cleveland, Ohio, and helped edit the state medical journal. Dr. Sara Pagburn Kime of Ft. Dodge worked for better care for the mentally ill. She and her husband also ran a hospital for people with tuberculosis. Dr. Margaret Abigail Cleaves was a founder of the Des Moines Woman's Club. Later she moved to Pennsylvania

This illustration from 1870 shows a class of young women medical students at a lecture.

Frank Leslie's Illustrated Newspaper, April 16, 1870

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where she was a pioneer in providing better care for mentally ill women.

"In union there is strength"

Even though the number of women doctors continued to grow, there were still only a few compared to the number of men doctors. A woman doctor might rarely get to meet and talk to another woman doctor. In 1898, some women decided that they could help each other be better doctors by starting an organization. The Society of Iowa Medical Women was the first state medical woman's society in the country.

"In union there is strength," proclaimed Dr. Azuba King of Des Moines, one of the first presidents of the organization.

"Each must give the best that is in her for the good of all," said Dr. Jennie McCowen, "standing shoulder to shoulder, and holding out hands of sympathy and helpfulness and good cheer to all newcomers."

The women met each year to discuss the pleasures and problems of their profession and to learn the latest breakthroughs in medicine. Sometimes they invited guests, like one of the first women surgeons, Dr. Bertha Van Hoosen, to give lectures at their meetings.

Struggles Ahead

It is not surprising that these women doctors felt the need to join together to support each other. In spite of the growing number of women in medicine and the acceptance many found in Iowa, some people still did not think women should be doctors.

In 1897, some women in the medical school at Drake University were harassed and insulted by male students. At first the medical school voted to end the problem by expelling all the women. But the directors of the university insisted that women had a right to study medicine, and the women were allowed to stay. Many of the women students did not feel welcome, so they left anyway to go to other schools.

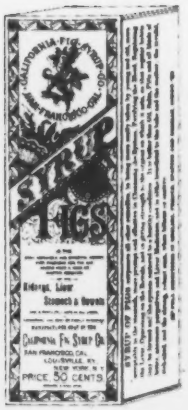
From the days of pioneering women doctors like Elizabeth Blackwell and Delia Irish, women made great strides in the medical profession in the nineteenth century. But progress did not continue at the same pace in the twentieth century. Many medical schools continued to refuse to admit more than a few women. And women were not encouraged to become doctors.

In the 1970s, this began to change. More women are becoming doctors today, and medical schools gladly admit them as students. While there are still many more men than women in the medical profession, the future has never looked brighter for women who want to be doctors.

ACTIVITY

Look at the table on page 11. Then answer the questions below. (*Answers on page 31.*)

1. How many women doctors were in Iowa in 1870?
2. How many men were doctors in Iowa in 1870?
3. How many more men than women doctors were there in 1900?
4. What was the first state medical woman's society?
5. Why did people think that women should not be doctors? Can you think of any other reasons?



SHSI

SHSI

by Eric Miller

"Plop. Plop. Fizz. Fizz. Oh, what a relief it is!" This was a famous jingle that went along with a television advertisement for an over-the-counter aid for upset stomachs. Today you see advertisements for over-the-counter medicines on television, radio, billboards, magazines, and newspapers.

Over the years, advertisements have changed. People used to read about new products in the newspaper. Sometimes a traveling "medicine show" came to town with new remedies that often did not work.

These medicine advertisements are from around the turn of the century (1900). The *Syrup of Figs* medicine is a liquid laxative. The name of the medicine advertised in the smiling-boy ad is *Antikamnia & Codeine* tablets (the name appears in the upper left-hand corner of the ad). Look at the ads and then answer the following questions by filling in the blanks. (*Answers on page 31.*)

1. What are the tablets above for?

2. How are the ads for medicine of the past different from or similar to ads for medicine now?

3. What do you think the sentence "It didn't hurt a bit" in the smiling-boy ad means; what didn't hurt?

4. Where might these ads have appeared?

5. How does the girl picking fruit and the boy smiling help sell the medicines being advertised?

YOU'RE SICK. You go to see a doctor and the doctor prescribes a medicine to make you feel better. You take the prescription slip to a local drugstore and give it to the **pharmacist** (person trained to prepare medicines).

Taking medicine wasn't always like this. Pioneer families used to make homemade remedies from roots, bark, and herbs to cure ailments. Druggists made their own **patent medicines** (sold without prescription).

Timothy Mason's Drugstore of Dubuque was the first drugstore in Iowa. In 1837, Mason advertised: "Drugs and Medicines—Paints—Oils—Glass/at reduced prices by T. Mason—Supply of Howard's Tonic Mixture and Certain Cure for Ague and Fever." Drugs were also sold in general stores along with liquor, foods, building materials, glass, and other home supplies.

Quack Medicines

Before 1880, anyone in Iowa who sold drugs could register as a pharmacist. No state licensing or education was required.

In the mid-1800s, many doctors ran drugstores, wrote their own prescriptions, and "devised formulas for each individual case." A lot of patent and **quack medicines** (ones that did not work) were sold.

The pharmacy profession in Iowa changed after

A patent medicine salesman from Rockwell City, Iowa, poses in his buggy about 1900. Many new medicines were brought to families this way.

SHSI

passage of the 1880 Pharmacy Law. Only registered pharmacists could retail, compound, or dispense medicines or poisons for medicinal use.

Pharmacy Today

Great changes occurred during the beginning of the twentieth century. New ways of making drugs were introduced. And federal laws were passed to stop the sale of useless quack medicines.

In Iowa, the State Board of Pharmacy issued stricter educational and licensing requirements. Pharmacists had to pass state tests as well as earn a diploma from a college of pharmacy.

Today many new health care products line the shelves of most drugstores. Each year about 400 new drug products are manufactured. Like other health care workers, pharmacists in hospitals and drugstores work to prepare these medicines that will help in the treatment and prevention of disease.

ISHS

An unidentified man pulls a woman's tooth. Look at the instrument he is holding!

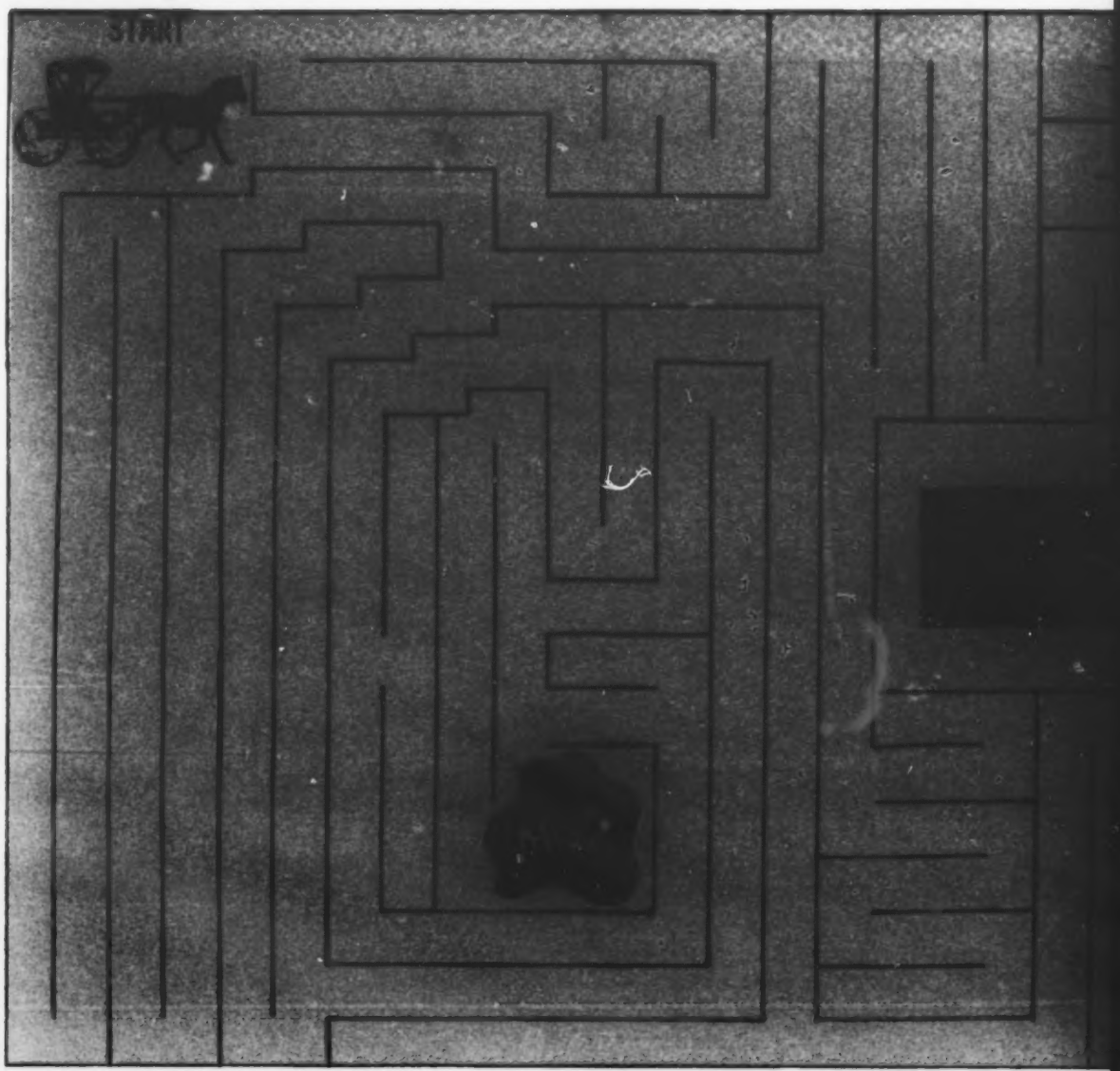
MOST EARLY NINETEENTH-century dentists were not educated in dentistry, but they could sure "pull teeth." Dentists in early Iowa learned their business by serving as assistants to older dentists. They swept offices, cleaned spittoons, polished dentures, mixed plaster, and watched operations.

In 1863, the Iowa State Dental Society (now the Iowa Dental Association) was formed so that dentists could meet together and discuss new techniques and products. At one of the early meetings they talked about ways of reducing pain during dental surgery: salt ice-water sprays, **anesthesia** (loss of feeling caused by a drug), and electric currents.

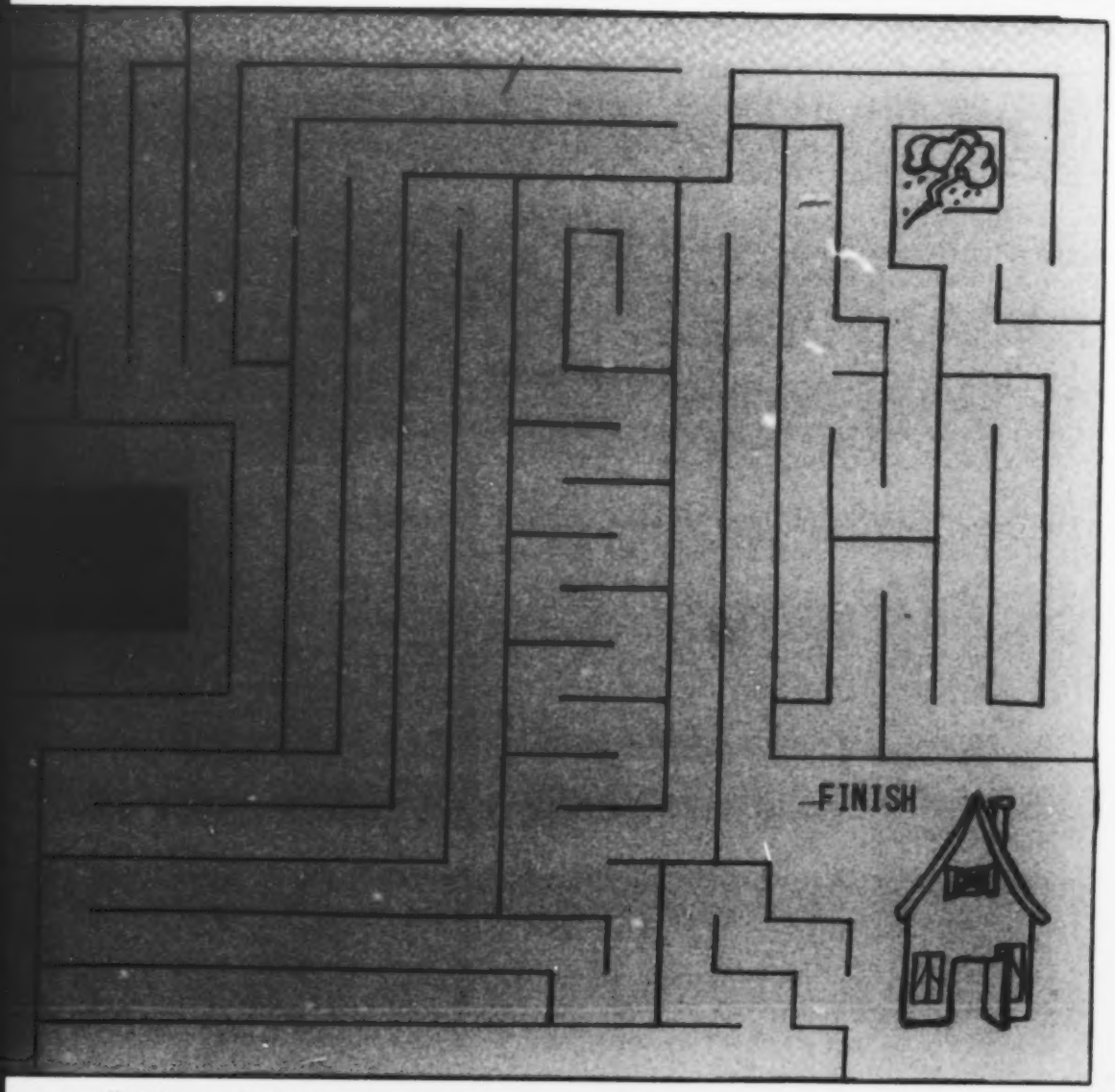
In 1882, the State Dental Bill provided for a Board of Dental Examiners. They required all new dentists to have college training and pass state tests for a dental license.

As in other areas of health, the twentieth century brought a new focus on prevention in dentistry. Studies found that fluoride was important to the prevention of tooth decay. Soon cities began to put fluoride into water supplies.

A visit to your dentist today will be unlike a visit to the dentist 100 years ago. Instead of having your teeth pulled out with scary looking forceps, you will probably get your teeth cleaned and flossed. Today's dentist will show you how to take better care of your teeth and prevent cavities.



In nineteenth-century Iowa, many doctors and some dentists rode by horse and buggy to visit patients in their homes. There were few doctors, so often the physicians had to ride up to 100 miles to see one sick patient. They did not have the luxury we have today of speedy transportation like cars or helicopters to travel by in case of emergency. Whether nineteenth-century doctors went by horseback, buggy, stagecoach, or river ferry, the journey was



usually tiring and difficult.

Weather conditions added to the strain. Few roads linked Iowa's rural communities in the 1850s. But when it rained, these roads became pools of mud. Blizzards, hail, and storms could also cause travelers to get lost.

Can you help the doctor find the way through the bad roads and storms to the patient's home? (*Answer on page 31*).

by Victoria Carlson

Anna Knutson had made it just in time. Her neighbor's son was sick—so sick that he might die. Anna wrapped the boy's body in sheets soaked in hot water. This method, combined with rest, helped the boy recover.

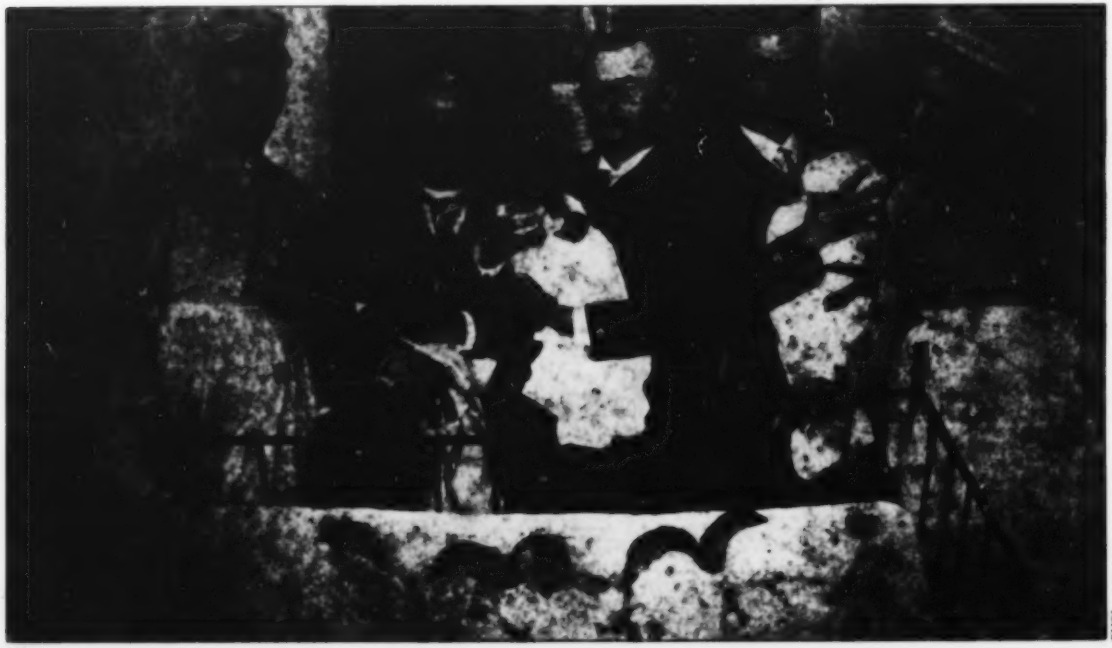
In Story County, women often took care of sick relatives and neighbors. They used home remedies and skills that they had learned from years of experience.

This was the Iowa of the mid-nineteenth century. There were few hospitals or clinics. There were also few doctors, and no trained nurses.

Civil War Training

Many women entered nursing during the Civil War (1861-65). Some went to nursing training schools in the East. Many simply volunteered as nurses. Annie M. Hill, served as a volunteer nurse at the Army Square Hospital in Washington, D.C., from 1863 to 1865. She later moved to Dubuque where she took medical courses and became a doctor.

These nurses take care of newborn babies about 1891.



SHSI

Many Iowa women visited their husbands at war and stayed to work as nurses. Mrs. Rebecca Otis went to Jefferson Barracks, St. Louis, Missouri, to see her husband and then worked as a nurse for the army surgeon.

The Civil War showed the need for nurses and training schools for nurses. The first nursing school in the United States opened in 1873.

Nursing Education Begins

Nuns from the Roman Catholic Church worked at many of Iowa's early hospitals as nurses. Sisters Mary Catherine Slattery and Alexis Crotty learned their nursing skills at the Medical Department in Iowa City in 1873. Sisters at another Iowa City hospital in 1887, took care of rooms, supplied food, gave medicine, and were to "nurse the sick and watch at night when necessary."

Iowa's first school of nursing was not founded until 1892. The typical nursing school was part of a hospital. Student nurses' education came from working long hours in the hospital. Most hospitals had limited staffs, so nurses had many responsibilities besides the care of their patients.

The typical Iowa nurse worked twelve-hour shifts. She cared for patients, cleaned rooms, and washed dishes. Nurses on special duty cared for very sick patients for 24 hours, and they caught whatever sleep they could.

New Roles for Nurses

During the first decade of the twentieth century, nurses in Iowa began visiting sick people in their homes. In 1920 this practice became a

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These nurses gather around a girl in a hospital bed at Iowa City's Mercy Hospital in 1951.

regular part of state services. Visiting nurses not only cared for poor people, but they also provided information and services to Iowans of all backgrounds. Visiting nurses encouraged the public to prevent serious illness by **immunization** (shots to prevent certain diseases) and regular physical examinations. Often they worked with teachers and social workers to encourage health care education.

Nurses also provided services in Iowa factories, beginning with meat packing plants in 1919. These nurses took care of sick or injured employees. Companies soon realized that nurses could play a valuable role in promoting and

protecting the health of workers, and in turn, making the labor force more productive.

Modern Nursing

In 1988, nursing continues to provide important health care services, from caring for sick people to promoting ways of staying healthy. Both women and men enter the profession after many years of education, including training in special fields of health care.

Nurses at the University of Iowa Hospital and Clinics work in a wide variety of health care areas. Some nurses assist with surgery. Others have special expertise that enables them to care for patients with certain forms of illness or injury, such as those patients with severe burns, or those suffering from mental illness. Some nurses care for newborn babies, while others work with the elderly.

Iowa nurses are also doing advanced research in areas such as aging and pain research and children. "This is a profession with as much potential for academic success as being a medical doctor or being a research scientist," said Etta Rasmussen, a retired nursing professor.

Many nurses are still concerned with promoting nursing as a profession. Some want to raise the educational requirements for becoming a registered nurse (R.N.). Many nurses want to see their profession receive more credit for the important services it provides.

—With Etta Rasmussen, Associate Professor Emeritus, College of Nursing, The University of Iowa

Junior Red Cross

Twenty-five cents may not buy much in 1988, but in 1918, a quarter paid your membership dues in the Junior Red Cross. By the summer of 1918, about 3,000 Iowa schools had Junior Red Cross groups. About 41 percent of the school children in the state were members.

The Junior Red Cross began nationally in 1917 to help with the war effort. World War I was going on in Europe, and people in the United States were busy with projects to help the soldiers. **Civilians** (*seh-VIL-yens*; people not enlisted in the military) made and packaged supplies, including clothing and bandages. Americans also provided supplies for people living in such war-torn countries as Belgium, France, and Italy. The war effort meant hard work for everyone, and the Junior Red Cross gave children a way to do their part.

If you were a student in 1918, you might have joined the Junior Red Cross through school. When your school became an **auxiliary** (og-ZIL-ye-ree; a group organized to help in a cause), the school received a certificate and a banner. You and your classmates wore Red Cross badges.

If you were a typical Iowa Junior Red Cross member, you learned how to cook and care for sick people at home. You probably learned first-aid techniques. While the high school students made furniture and surgical dressings, your class made **gun wipes** (patches of cloth used to clean gun barrels) and clothing. Your class also worked in the garden, since raising as much food as possible was important during wartime.

Other members of the Junior Red Cross in Iowa were also hard at work. During four months of the year in 1918, students at two high schools in Muscatine County made 3,500 surgical dressings.

After the war was over, the Junior Red Cross continued to give Iowa children a chance to serve and to learn. Was your school an auxiliary?

—Victoria Carlson

The Professionalization of Medicine—Did It Hurt or Help Women?

IN EARLY America, women called midwives delivered babies at home. Then in the late eighteenth century, Dr. William Shippen of Philadelphia became the first male doctor to specialize in child delivery. Shippen and other male doctors were using new instruments like **forceps** (large tongs) to deliver babies. Soon midwives were no longer wanted.

Why did male physicians replace women in an activity that women had done for centuries? New scientific advances changed medicine in the eighteenth and nineteenth centuries. Men said that only highly educated doctors should deliver babies.

Economic factors also played an important role in this change. Men could make more money delivering babies than women did.

This is one result of the **professionalization of medicine**. In the early days of medicine, people served as apprentices for older physicians. By watching how to treat patients and by taking a few courses, you could become a doctor. As time went on, more education was required to earn a doctor of medicine degree. State medical societies were formed that passed stricter licensing requirements.

Few women were allowed to attend colleges and universities in the nineteenth century. The few who did obtain medical degrees, were often left out of the all-male state medical societies.

SHSI, Des Moines

Dr. Alice Humphrey-Hatch received a medical degree in 1895.

The Case of Nurses

Imagine that you are a young woman who wants to become a doctor. But you cannot get into a medical college because you are a woman. This was the case for many women. After the Civil War, many women entered nursing. Schools of nursing started in 1873. Women were told that nursing—like motherhood—was better suited to their feminine natures. Nursing did not require a college degree in the nineteenth century.

Women were also paid less than men as nurses.

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At the time, few women worked outside of the home, but those who did were usually domestic servants, nurses, and teachers. Usually women were paid less than men for any of these jobs.

You Debate

Did the professionalization of medicine open new doors for women or hurt them? Why or why not? Read the arguments below and decide.

ARGUMENTS:

Yes! Professionalization of medicine hurt women

1. Women faced discrimination in getting a college education.
2. Most state medical societies had few women members. Women in Iowa had to create their own medical society.
3. Women received less pay as doctors and nurses.
4. Medicine became sex segregated—most nurses were women; most doctors were men.

No! It opened new doors for women

1. Women entered new careers outside of the home like nursing.
2. Medical improvements helped to save the lives of women (for example, childbirth) and prolong their lives.
3. Women created their own organizations like the Society of Iowa Medical Women and supported each other.
4. Women in medicine received less pay than men, but it was more than they were earning as housewives.

by Paul Stolt

There was a little bird
its name was Enza
I opened the window
and in-flu-enza.
—President Woodrow Wilson

In school-yards all across America, children were singing the above song in 1918. But no one sang because they were happy. They sang because they had nothing else to do. Nobody—not even the doctors—knew why so many of their classmates were suffering from a new disease called Spanish Influenza.

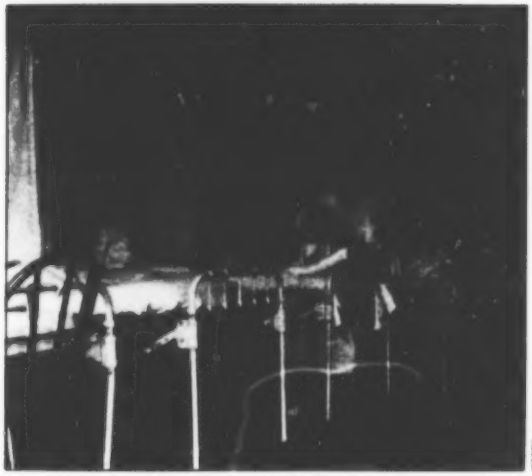
Influenza is something like a very bad cold. Your whole body aches. You have a fever, a headache, a congested chest, and a sore nose and throat. But unlike the common cold, influenza can cause death.

When the influenza **epidemic** (the rapid spreading of a disease) hit the United States in 1918 and 1919, more than 500,000 people died. Many of these deaths were among young people, traditionally the most healthy and best able to recover from an illness. But more than 125,000 young people would die. In fact, more than 30 in every 1,000 children between the ages of five and nine would die from influenza.

To make matters worse, the influenza epidemic began as World War I (1914-1918) was coming to an end. The four years of war caused deaths of more than 20 million people. Four months of the influenza epidemic killed almost as many people

A basketball gym at Iowa State College is used as a hospital during the Spanish Influenza epidemic.

Iowa State University Library, University Archives



SHSI

When the hospitals were too full, elementary schools were used to house young people with influenza.

worldwide. Soldiers who had survived the war now faced a new enemy at home.

Wearing Masks

People were afraid of the disease. Spanish Influenza was highly **contagious** (easily spread by casual contact). Cities across the U.S. closed down public places to keep people from coming in contact with each other. Many towns also required people to wear gauze masks over their mouths and noses when they left their homes so that they would be less likely to breathe in the influenza **virus** (microscopic particles that create infections when they come in contact with living cells).

But what people feared most was that there was no cure for the disease. Doctors were helpless to stop the spread of the disease.

Some people advertised treatments—sometimes only lemon juice, turpentine rub, or whiskey—that would cure the disease. Many people who were desperate for a cure tried these treatments, but often the remedies were useless.

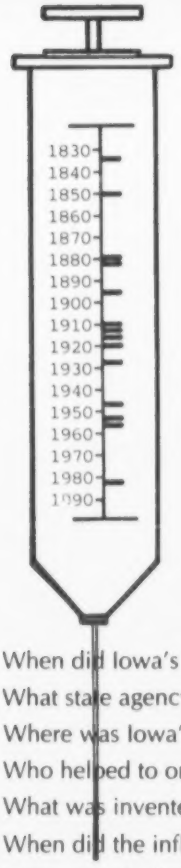
One remedy that did seem to work in some cases was a **vaccine** developed by doctors at the Mayo Clinic in Rochester, Minnesota. Their vaccine used weakened germs of the disease as a base. These weakened germs were then injected into the body of a healthy person where they would begin to develop **antibodies** (cells resistant to the disease). Antibodies would help people to avoid getting the disease.

Yet, the vaccine often failed to prevent the disease. For people who already had the disease, the vaccine came too late.

Late in 1919, an incident at the National Swine Breeders' Show in Cedar Rapids, Iowa, led to the beginning of the end of the flu. Some of the hogs at the show were found to be sick. They were suffering from the same **symptoms** (signs of sickness) as many of the people in Cedar Rapids. This instance of "hog flu" led in ten years to the discovery that the two diseases were indeed similar. By studying one, perhaps doctors could find a cure for the other.

By 1920, the greatest influenza epidemic had run its course. Fewer and fewer people were coming down with the disease. But there was still no cure. The disease remained a mystery.

Later, scientists finally discovered that the influenza virus changes often, producing new types. So while the disease is still present today, modern medicine has developed stronger and more effective vaccines. Today millions of people have flu shots every year to prevent another epidemic like the one that occurred seventy years ago.



1830s Timothy Mason's, Iowa's first drugstore opens in Dubuque
1849 Iowa's first hospital opens in Keokuk
1880 Iowa State Board of Health created
1881 American Red Cross organized by Clara Barton
1895 X rays discovered
1910 First White House Conference on Child Welfare
1912 First vitamins discovered
1918 Influenza epidemic
1920 Iowa's first visiting nurse service begins in Davenport
1928 First antibiotic drug, penicillin discovered
1948 Framingham, MA heart disease study begins. Researchers find that over time some lifestyle habits (like smoking) can contribute to heart disease.
1953 Polio vaccine discovered
1954 First organ transplant—kidney
1982 First implant of a permanent artificial heart

Look at the timeline. Answer the following questions by filling in the blanks after the questions. (*Answers on page 31.*)

1. When did Iowa's first drugstore open? _____
2. What state agency was created in 1880? _____
3. Where was Iowa's first hospital located? _____
4. Who helped to organize the American Red Cross? _____
5. What was invented in 1895? _____
6. When did the influenza epidemic begin? _____
7. What was the first successful organ transplant in America? _____
8. How many years later was the first permanent artificial heart implanted? _____
9. What did researchers learn from the Framingham study? _____
_____
_____
10. When was the polio vaccine discovered? _____

Kay Chambers

[redacted]

by Chris Annicella

Did you know that many turn-of-the-century folks were into health fads? The big craze in exercise was bean-bag tossing and bicycling. Careful chewing and eating the new food—corn flakes—was supposed to ensure perfect digestion.

Bicycling was believed to cure asthma, diabetes, and other ailments. However, people feared that riding a bike might give you "bicycle face" or a set, strained look of tension caused by trying to maintain your balance. By the 1910s, the fitness craze dwindled.

Today we're in the midst of another health and fitness craze. However, experts say this is more permanent because of medicine's focus on the prevention of illness.

To help prevent disease and keep you healthy, we've collected a few basic health tips for kids:

Illustrations by Kathy Du

Television and Fitness

What is the first thing you do after school? Do you practice for a team sport? Do you walk with your friends? Or do you take the bus home and flip on the television until dinner? Experts are discovering that how you spend your leisure time may indicate how healthy you are.

A Fitness Test: How Fit Are You?

Suppose you have a bus to catch and it is about three blocks away. What would you do?

(a) Know that you could catch the bus in time and run for it.

(b) Wonder if you could catch it, but run anyway. You might be pretty tired for awhile.

(c) Not even try, because you know that you could never run far enough to catch it.

Your answer may give you a clue to how fit you are. As you can see, fitness is not just for athletes. Being fit means that you can participate in daily activities, like running without getting tired.

Nutrition: Feel Good and Eat Healthy

Have you ever heard the expression "you are what you eat?" It's true! Along with exercise, it is important to eat the right foods to stay healthy. Food provides fuel to your body so you can study, play, run, and even sleep.

**Before starting any new diet or exercise program, check with your doctor.*

A Nutrition Foundation

It is important to eat a balanced diet choosing foods from each of the four food groups to get all of the nutrients your body needs.

(1)	Vegetable and fruit	4 servings per day
(2)	Bread and cereal	4 servings per day
(3)	Milk and cheese	3 servings per day
(4)	Meat, poultry, fish, and beans	2 servings per day

What about that yummy fifth food group—sweets? Are sweets such as candy, pop, and cookies forbidden? Experts say no. If you eat a balanced diet and exercise regularly, it is okay to occasionally eat sweets.

Fitness Tips

- Try many different activities. Choose a "lifelong sport"—one you can enjoy all your life. You may like to play team sports now, but as you get older it may be harder to find others to play with. Some lifelong sports include: cycling, swimming, running, walking, aerobics, tennis, and racquetball. Experiment!
- Remember to warm those muscles by stretching before exercising.
- Keep it fun! Get your family and friends involved.
- Think of exercise as your leisure time. It is not a punishment.
- If you prefer reading to running, try walking as your exercise.
- For more information, write for the publication "Get Fit." It offers kids exercises to help them to get ready for the Presidential Fitness Award Test. Write: PCPFS, 450 5th Street NW, Department 81, Washington, D.C. 20001.

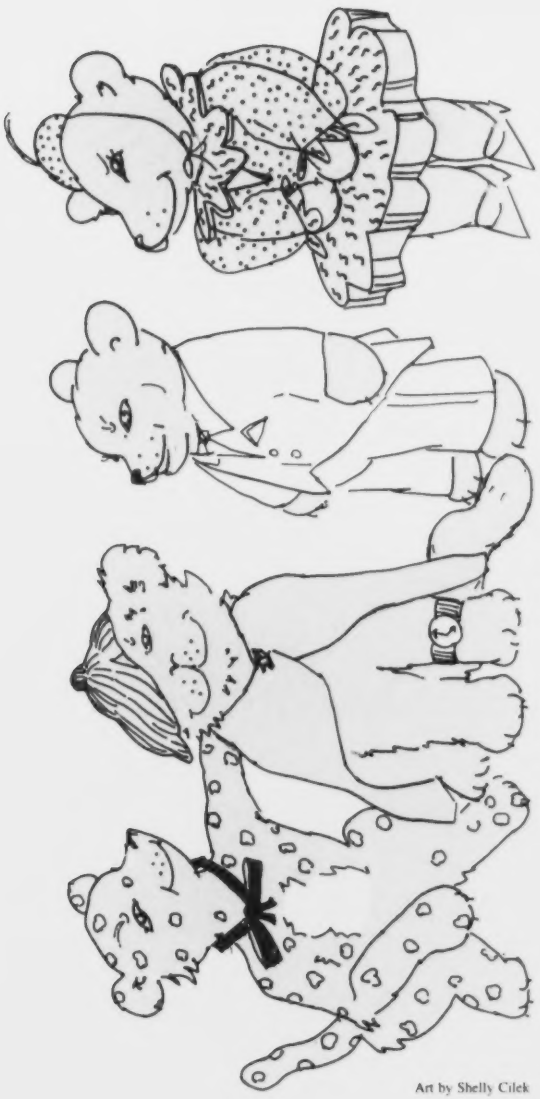
Be Chewsy

Snacking may bring to mind candy bars and potato chips, but these foods are high in sugar and calories, and have little nutritional value. They may give you an energy spurt, but it won't last long. If you like to munch between meals, nutritionists suggest eating fruit, yogurt, popcorn, vegetables, or nuts.

Other Health Tips

- Teeth are an important part of overall health. How often do you brush and floss your teeth? Experts say that most tooth decay can now be prevented by brushing twice a day and flossing once a day.
- How much sleep do you get each night? If you find that you are tired and cranky throughout the day, chances are that you are not getting enough sleep. Sleep will make you feel alert and ready to go.
- As summer nears, be careful of staying out too long in the sun. Too much sun is not healthy for your skin.
- Call TEEN LINE at 1-(800)-443-TEEN, the only health information line for kids in the United States! Call day or night if you have questions relating to health or fitness. (This is not a crisis line, but a health information line.)

A healthy lifestyle will make you feel better, look better, and will help you live a long, enjoyable life. Start now to get healthy! ED



Art by Shelly Cilek

Rearrange the letters of the strange phrases on the left to make words that have to do with health. Make the words on another piece of paper and then draw a line from the funny phrase on the left to its matching health word on the right.

(*Answers on page 31.*)

vice can	**life expectancy**
seem dire	**vaccine**
hail spot	**surgery**
run sing	**nutrition**
rod cot	**hygiene**
pact is harm	**influenza**
demi epic	**fitness**
fun in zeal	**disease**
expect fancy lie	**aerobic**
rod cross	**penicillin**
all the hip cub	**doctor**
me tent rat	**remedies**
Lock fine dime	**dentist**
eye nigh	**hospital**
a seen at his	**prevention**
us Gerry	**calories**
visa mint	**nursing**
I or scale	**pharmacist**
it dents	**epidemic**
nut in riot	**Red Cross**
I cob era	**folk medicine**
Tess fin	**anesthesia**
seas die	**vitamins**
I pencil nill	**treatment**
ripe on vent	**public health**

History Makers

Kurt Zaske

BE A HISTORY MAKER! The *Goldfinch* wants to know what you've discovered about Iowa's past. Has your class worked on special projects about Iowa history? Are you helping to save something old? Have you found an old letter, diary, photograph, or arrowhead that tells something about the past?

You can still read back issues of The *Goldfinch* this summer. We'll be back again in September with another exciting year. So send your letters, stories, poems, or artwork to: History Makers, The *Goldfinch*, 402 Iowa Avenue, Iowa City, Iowa 52240. See your work published in September!

The winner of the 1988 "Write Women Back Into History" Contest in the sixth and seventh grade division is Carrie Spann of Kirn Junior High School in Council Bluffs. The contest is sponsored by the Iowa Commission on the Status of Women, the State Historical Society, and the Department of Education. Below is her winning essay:

"A Hundred Pounds of Dynamite"
by Carrie Spann

"Dad, do you like my new jeans?"

This familiar question may not have been possible today if it hadn't been for one special lady who eventually lived a quiet and respectful life in Council Bluffs, Iowa. However, before moving to Council Bluffs, she caused an uproar in Seneca Falls, New York, in the 1850s.

Amelia Jenks Bloomer was five feet tall and one hundred pounds of dynamite. Her snappy blue eyes and her vivid red hair must have made heads turn, but if that didn't, then her "bloomers" surely did.

Mrs. Bloomer was a woman of spirit and determination who did not like the idea of men telling women what to do or what to wear. Amelia also felt that the hoop skirts which women wore were absolutely ridiculous. After all, how would we ladies today like squeezing through doorways, taking long walks, or climbing ladders wearing hoop skirts?

But how did a quiet little Quaker girl come to be a revolutionary in women's fashion and women's rights? She was born in a small town in Courtland County, New York, in 1818. Her family were quiet, reserved Quakers who encouraged her to think for herself. Eventually Amelia met and married Dexter C. Bloomer, a young Quaker law student. Dexter encouraged Amelia's independent thinking and even agreed to have the word "obey" stricken from their marriage ceremony.

One day Amelia met a lady named Mrs. Elizabeth Miller, whose father had designed an outfit that let her move freely when she took walks. Amelia took this idea home and made an outfit similar to Mrs. Miller's for herself. People were shocked to see this new outfit! Several citizens called it Amelia's "bloomers." Heads turned, people gawked, and men were appalled, but Amelia looked upon her outfit as one step closer to women's emancipation.

Some of Amelia's friends soon began to wear bloomers, too. But after awhile, Amelia's friends couldn't take the criticism and gossip any longer so they stopped wearing their bloomers. However, Amelia kept on wearing them. She did not let people's criticism make her surrender.

Eventually, Amelia and Dexter moved to Council Bluffs, Iowa, where Dexter opened a law office. Amelia kept on wearing her bloomers long after she'd made her point.

Amelia died on December 30, 1894, but the world would never forget the fiery, red-haired woman who freed women's fashion and freed women's spirits.

I think Amelia Jenks Bloomer deserves a place in Iowa's Hall of Fame for Women. She paved the way for me to have all the same freedoms and rights as men. She also paved the way for me to be able to ask, "Dad, do you like my new jeans?"

Disk Detective

by Jean E. Wulf

Wild Rosie is visiting her great aunt. In the attic, she finds a round hat box. Inside is a smooth, yellowish hat with a red and white patch. To find out what this mysterious item is, she borrows the hat and takes it to her friend Dr. Arc E. Ology.

"The hat comes from the late 1880s. It looks like it was worn by a nurse," says Dr. Ology. "The nurse belonged to an organization that still exists today in more than 135 nations. The organization works 'to prevent misery in time of wa; or peace, and serve all peoples, regardless of race, nationality or religion.' "

Can you help unravel this mystery? Load BASIC on an IBM Personal Computer or an Apple IIe or IIc (with an 80-character screen) and enter this program.

(NOTE: Type in everything in **bold** print. When you see a number before an " and a letter, hit the letter that many times. For example, 5 **"Y"** means you type "YYYYY" and return.)

```
10 CLS
20 PRINT TAB (35) 12 "X"
30 PRINT TAB (35) 12 "X"
40 PRINT TAB (35) 12 "X"
50 PRINT TAB (35) 12 "X"
60 PRINT TAB (35) 12 "X"
70 PRINT TAB (35) 12 "X"
80 PRINT TAB (35) 12 "X"
90 PRINT TAB (35) 12 "X"
100 PRINT TAB (19) 45 "X"
110 PRINT TAB (19) 45 "X"
120 PRINT TAB (19) 45 "X"
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170 PRINT TAB (35) 12 "X"
180 PRINT TAB (35) 12 "X"
190 PRINT TAB (35) 12 "X"
200 PRINT TAB (35) 12 "X"
210 PRINT TAB (35) 12 "X"
220 PRINT TAB (35) 12 "X"
230 END
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You and Dr. Arc E. Ology discover a _____.

(*Answer on page 31.*)

Pass It On

Goldfinch Contest Winners

The five winners of the February 1988 *Goldfinch* puzzle contest will each receive a free subscription to The *Goldfinch*. You will be notified by letter.

Summer Sightseeing

Visit the new State of Iowa Historical Building, 600 East Locust in Des Moines. "You Gotta Know the Territory" exhibit on the 150th anniversary of the Territory of Iowa opens June 6. Museum hours are 9 a.m.-4:30 p.m. Tuesday-Saturday, 12 p.m.-4 p.m. Sunday.

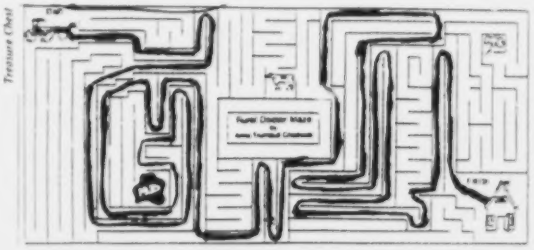
Get Published!

The *Goldfinch* is looking for drawings, paintings, photographs, stories, and poems by young people to publish next fall. If you create some art this summer, send copies of your work to History Makers. We'll publish students' artwork next fall. (Address on page 2.) Happy summer!

Answers

Page 3: (1) 1849; (2) 1894; (3) Mercy; (4) to show kindness; (5) answers will vary.
Page 9: (1) slippery elm bark tea—cough & sore throat; (2) blackroot tea—stomach ache; (3) dill seeds—hiccups; (4) onions & lard—cold & congestion; (5) poison ivy—baking soda.
Page 12: (1) 8; (2) 1,857; (3) 3,489; (4) State of Iowa Medical Women; (5) Answers will vary.
Page 13: (1) pain about the teeth, facial neuralgia (pain); (2) answers will vary; (3) getting his tooth pulled didn't hurt because he took this medicine; (4) newspapers, in drugstores; (5) they are happy after they took their medicines.

Pages 16-17:



Page 25: (1) 1830s; (2) Iowa State Board of Health; (3) Keokuk; (4) Clara Barton; (5) x rays; (6) 1918; (7) kidney; (8) 28; (9) some lifestyle habits can contribute to heart disease; (10) 1953.
Page 28: vice can—vaccine; seem dire—remedies; hail spot—hospital; run sing—nursing; rod cot—doctor; pact is harm—pharmacist; demi epic—epidemic; fun in zeal—influenza; expect fancy lie—life expectancy; rod cress—Red Cross; all the hip cub—public health; me tent rat—treatment; lock fine dime—folk medicine; eye nigh—hygiene; a seen at his—anesthesia; us Gerry—surgery; visa mint—vitamins; I or scale—calories; it dents—dentist; nut in riot—nutrition; I cob era—aerobic; Tess fin—fitness; seas die—disease; I pencil nill—penicillin; ripe on vent—prevention.
Page 30: a red cross—the symbol of the Red Cross organization.
Back Cover: It was sold for the purpose of curing colds, asthma, headaches, hay fever, and bad breath.

RAMEY'S MEDICATOR
FOR DISEASES OF HEAD, THROAT & LUNGS.
CATARRH, HEADACHE, LA GRIPPE, ASTHMA, COLDS, COUGHS
BRONCHITIS, HAY FEVER, NEURALGIA, and CATARRHAL DEAFNESS.
SWEETENS OFFENSIVE BREATH
RESTORES LOST TASTE AND SMELL.

CLUES:

1. This advertisement appeared in Iowa in the 1890s.
2. It was trying to sell a product called *Ramey's Medicator (on top of box).*
3. To use it, you inserted the twin tubes into the nostrils and the single tube into the mouth.
4. Then you inhaled through the mouth and out the nose. A sponge inside contained medicine.
5. Ramey's Medicator was sold for $2 by druggists or by mail.

What do you think it was used for? *(Answer on page 31.)*

The Goldfinch